Eating well for your brain health means:

- Including a variety of healthy foods in moderation
- Focusing on overall pattern of healthy eating, not one specific "superfood"
- Eating until you’re comfortably full and not stuffed
- Enjoying lots of fruits and vegetables including berries and leafy greens (lettuce, kale, and spinach). Frozen fruits and vegetables are an equally good option
- Including foods with healthy fats such as olive oil daily
- Choosing fish, beans, and nuts several times a week
- Limiting red and processed meats
- Limiting foods high in added sugar and salt such as cakes, cookies, ice cream, fried foods chips, frozen dinners, and canned soups
- Choosing dairy products such as milk and yogurt that are low in fat. For example, choose skim milk instead of whole milk
- Selecting whole grains over refined grains. For example, choose multigrain bread instead of white bread
- Choose colour. Eat a colourful assortment of fruits and vegetables at each meal
- Grill, steam, or bake foods instead of deep frying
- Keep your kitchen stocked with:
  - Dried or canned beans
  - Frozen or canned fish
  - Frozen vegetables and fruits
- Add beans or legumes to soups, stews, salads, and stir-fries
- Snack smart. Choose nuts, fresh fruits, chopped vegetables, and low-fat yogurt
- Keep hydrated. Drink water or other unsweetened drinks

The Brain Health Food Guide was developed by Dr. Matthew Parrott in collaboration with members of the Canadian Consortium on Neurodegeneration in Aging: Team 5 (Nutrition, Exercise and Lifestyle in Alzheimer’s Disease Prevention).

Team 5 Member Organizations: Baycrest Health Sciences, Concordia University, Institut universitaire de gériatrie de Montréal, Centre de recherche du Centre hospitalier de l’Université de Montréal, McGill University, Rotman Research Institute, Toronto Metropolitan University, Sunnybrook Health Sciences Centre, Toronto Rehab/UHN Cardiovascular Rehabilitation Program, Université de Montréal, Université de Sherbrooke, University Health Network, Toronto, University of British Columbia, University of Ottawa, University of Toronto, Waterloo University

**FOODS TO INCLUDE** | **SERVINGS** | **SERVING SIZE**
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Vegetables Total | 5 or more times a day | 1/2 cup = 1/2 fist
**Cruciferous Vegetables** (such as broccoli, cauliflower, Brussels sprouts, kale, cabbage, bok choy) | 3 times a week | 1/2 cup = 1/2 fist
Consider Including: **Raw Leafy Greens** (such as lettuce, spinach, mixed greens, kale, cabbage) | 1 time a day | 1 cup = 1 fist
Fruit Total | 4 or more times a day | 1 medium fruit or 1/2 cup = 1/2 fist
Consider Including: **Berries** (fresh or frozen) | 3 times a week | 1/4 cup nuts = 1 cupped hand or 2 tbsp nut butter
**Unsalted Nuts or All-natural Nut Butters Total** (such as almond butter, peanut butter) | 1 time a day | 1/4 cup nuts = 1 cupped hand or 2 tbsp nut butter
Consider Including: **Walnuts** | 4 or more times a week | 1/2 cup = 1/2 fist
**Beans or Legumes Total** (such as chickpeas, kidney beans, lentils, navy beans) | 2 or more times a week | 1/2 cup = 1/2 fist
Consider Including: **Fatty Fish** (such as salmon, trout, sardines) | 1 or more times a week | 3–4oz = 1 palm

**FOODS TO LIMIT** | **SERVINGS** | **SERVING SIZE**
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Any Meat and Poultry Total | 1 or less per day | 3–4oz = 1 palm
Consider Limiting: **Red and Processed Meats** (such as beef, pork, lamb, liver, sausages, hot dogs, jerky, cold cuts, pepperoni) | Less than 1 per week | 1 tsp butter or 1 tbsp cream
Butter, Cream, or High Fat Dairy Spreads (such as sour cream, cream cheese) | Less than 1 per week | 1 slice bread or 1/2 bagel
White Breads (such as bread, rolls, bagels, pita, tortilla) | 1 or less per week | Serving sizes according to the Nutrition Facts table on the food label
Pre-packaged Foods and Meals (such as canned soup, instant noodles, frozen appetizers, and entrees) | 3 or less servings per week in total for all these foods | Serving sizes according to the Nutrition Facts table on the food label
Potato Chips, Fries, Pretzels, or other Salty Snacks or Fried Food | 3 or less servings per week in total for all these foods | Serving sizes according to the Nutrition Facts table on the food label
Store-bought Dairy Desserts (such as ice cream, frozen yogurt, pudding, custard) | 3 or less servings per week in total for all these foods | Serving sizes according to the Nutrition Facts table on the food label
Baked Goods (especially store-bought ones such as cookies, muffins, scones, croissants, donuts, cakes, pies) | 3 or less servings per week in total for all these foods | Serving sizes according to the Nutrition Facts table on the food label
Candy and Chocolate | 3 or less servings per week in total for all these foods | Serving sizes according to the Nutrition Facts table on the food label
Pop, Sweetened Fruit Juice or any other Sugary Drink | 3 or less servings per week in total for all these foods | Serving sizes according to the Nutrition Facts table on the food label

**Choose** whole grains (such as oats, brown rice, brown pasta, 100% whole wheat or whole grain breads, quinoa, bulgur, barley, whole grain pasta) instead of refined grains (such as white rice, white pasta, white bread)

**Use** low-fat milk (skim or 1%), yogurt (0-2%), and cheese (about 22%). Use extra-virgin olive oil as your main culinary oil for cooking, salad dressings, and added to bread and foods

**REMEMBER**

Trying to change your diet may feel overwhelming. Think of small changes you can make.